

IRONMĀRI®

BEGINNERS HAWKE'S BAY WOMEN'S DUATHLON PROGRAMME

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Walk / Run 10min	Bike 15min	Walk / Run 10min	Rest	Walk / Run 15min	Bike 15-20min
2	Rest	Walk / Run 15min	Bike 15min	Walk / Run 10min	Rest	Walk / Run 15min	Bike 20min
3	Rest	Walk / Run 15min	Bike 20min	Walk / Run 10min	Rest	Walk / Run 20min	Bike 25min
4	Rest	Walk / Run 20min	Bike 20min	Walk / Run 15min	Rest	Walk / Run 25min	Bike 30min
5	Rest	Walk / Run 25min	Bike 25min	Walk / Run 15min	Rest	Walk / Run 20min Bike 25min Walk / Run 5min	Rest
6	Rest	Walk / Run 30min	Bike 30min	Walk / Run 20min	Rest	Walk / Run 35min	Bike 35min Walk / Run 5min off bike
7	Rest	Walk / Run 35min	Bike 30min	Walk / Run 20min	Rest	Walk / Run 40min	Bike 40min Walk / Run 5-10min off bike
8	Rest	Walk / Run 20min	Bike 20 min	Walk / Run 15min	Rest	Walk / Run 25min Bike 30min Run 10min	Rest
9	Rest	Walk / Run 30min	Bike 30min	Walk / Run 20min	Rest	Walk / Run 30min	Bike 30min
10	Rest	Run 15min	Bike 15min Run 5min	Rest	Rest	Duathlon 5/12.5/2.5km	Rest

This duathlon training programme is only a guide and can be adapted to your current fitness level. This programme is planned to ensure you have the base fitness to complete the distance on race day. The intensity should be mainly at a level that is comfortable to you.

There are some days when you will have a walk / run off the bike. Try to complete this straight after you have finished the bike to practice the feeling of being able to walk / run off a bike. It may feel awkward to begin with but just keep going at your own pace and your legs will adapt as they get stronger and fitter.

The bike sessions can be completed on a spin bike at a gym or on an indoor trainer if you have one. If you have a bike monitor that measures cadence (RPM), aim to spin between 80-90 RPM.

For the walk / run sessions you can also do this on the treadmill as an alternative. If you do run on a treadmill, set the gradient to 1.0 to simulate running outside.

Big Thanks to Kevin Nicholson our Male IronMaori Ambassador for creating this program for all the amazing wahine